



Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

NOVEMBER 2018

Quick Cheese Bread Cranberry Turkey Wrap Apple-Banana Salad Pumpkin Cake Chili Mac Skillet

Quick Cheese Bread

3¾ cups flour
5 teaspoons baking powder
½ teaspoon salt
⅓ cup margarine
2 cups shredded reduced-fat cheddar cheese
1½ cups fat-free skim or 1% milk
2 eggs, slightly beaten



1. Heat oven to 375 degrees. Coat a 9x5-inch loaf pan with nonstick cooking spray.
2. In a mixing bowl, combine flour, baking powder and salt.
3. Cut in margarine until mixture resembles coarse crumbs. Stir in cheese.
4. Combine milk and eggs. Add to cheese mixture and mix just until moistened.
5. Spoon into the loaf pan. Bake for 1 hour.
6. Remove from the pan immediately after baking.

Recipe adapted from the Teller County Public Health WIC Program

Nutrition Note: This recipe makes 12 servings. Each serving has 240 calories, 8 grams of fat, 11 grams of protein, 32 grams of carbohydrates and 550 milligrams of sodium.

Cranberry Turkey Wrap

4 whole wheat tortillas
8 slices turkey breast or leftover cooked turkey
4 large slices cheddar cheese, cut into thirds or
12 small, thin slices
⅓ cup dried cranberries



1. On each whole-wheat tortilla, alternate a slice of turkey, ⅓ slice of cheese and another slice of turkey down the center. Sprinkle ¼ of the dried cranberries on top of turkey and top with another ⅓ slice of cheese. Fold tortilla in thirds. Place seam side down on a microwave-safe serving plate.
2. Repeat with remaining tortillas.
3. Place ⅓ slice of cheese on top of each tortilla and microwave on high for 30 seconds to 1 minute (until cheese melts). Cool slightly and slice in half.

Recipe Source: www.midwestdairy.com and NDSU Extension Service, www.ag.ndsu.edu/food

Nutrition Note: This recipe makes 4 servings. Each serving has 330 calories, 13 grams of fat, 18 grams of protein, 33 grams of carbohydrates and 750 milligrams of sodium.

Why breastfeed?



"To give my baby the best possible head start with all that I have."

~ Veronica, WIC Breastfeeding Mom from Bismarck

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding

Apple-Banana Salad

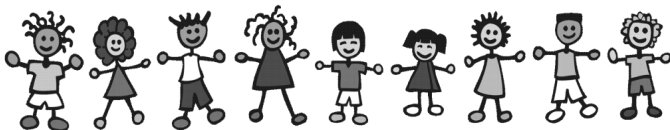
Dressing: ⅓ cup plain low-fat yogurt, 2 tablespoons reduced-fat mayonnaise, 1 tablespoon honey, 2 teaspoons paprika
2 ripe bananas
5 cups lettuce mix
2½ medium apples, sliced
¾ cup unsalted dry roasted peanuts (optional)



1. In a small bowl, whisk together dressing ingredients.
2. Slice bananas.
3. In a large bowl, toss lettuce mix, banana and apple slices, peanuts and dressing.

Recipe Source: <https://whatscooking.fns.usda.gov>

Nutrition Note: This recipe makes 4 servings. Each serving has 330 calories, 17 grams of fat, 10 grams of protein, 42 grams of carbohydrates and 90 milligrams of sodium.

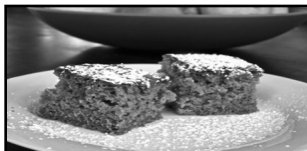


**Tips for a
Happy & Healthy Family**

Reward your child with your attention. Show your love with hugs and kisses. Comfort with hugs and talks.

Pumpkin Cake

- 1 yellow cake mix
- 1 can (15 ounces) pumpkin
- 2 eggs
- 1 cup apple or orange juice
- 1 teaspoon cinnamon
- Powdered sugar



1. Heat oven to 350 degrees. Coat a 9x13-inch cake pan with nonstick cooking spray.
2. In a large mixing bowl, add cake mix, pumpkin, eggs, juice and cinnamon.
3. Beat for 2 minutes at medium speed or by hand.
4. Pour batter into cake pan. Bake for 35 to 40 minutes.
5. Cool for 10 minutes.
6. Sprinkle lightly with powdered sugar.

Nutrition Note: This recipe makes 15 servings. Each serving has 180 calories, 4 grams of fat, 2 grams of protein, 32 grams of carbohydrates and 310 milligrams of sodium.



The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

 NORTH DAKOTA
DEPARTMENT of HEALTH

 NORTH DAKOTA

800.472.2286
www.ndhealth.gov/wic

Turn Off the TV



Have your child use their body to pretend to move like an object. Can they move like spaghetti? How about applesauce? How about a melting ice cube? Have them come up with additional objects to move like.

Chili Mac Skillet



- 1 pound lean ground beef
- 1 medium onion, diced
- 1 can (15-16 ounces) pinto beans, drained (low sodium preferred)
- 1 can (8 ounces) tomato sauce (low sodium preferred)
- 1 can (10 ounces) diced tomatoes with green chilis (low sodium preferred)
- $\frac{3}{4}$ cup uncooked whole-wheat/whole-grain elbow macaroni
- $\frac{1}{3}$ cup water
- $\frac{1}{2}$ teaspoon garlic powder
- 1 tablespoon ketchup
- 1 tablespoon Worcestershire sauce
- 1 cup shredded reduced-fat cheddar cheese

1. In a large skillet pan, brown ground beef and onions until beef is fully cooked. Drain and return to skillet.
2. Add all ingredients except for the cheese. Bring contents to a boil, then reduce heat to medium-low. Cover with lid and simmer for about 20 minutes or until macaroni starts to get tender, stirring often.
3. Sprinkle with cheese, then cover with lid and let cheese melt.

Nutrition Note: This recipe makes 6 servings. Each serving (using low-sodium beans, tomato sauce, and tomatoes) has 330 calories, 10 grams of fat, 29 grams of protein, 34 grams of carbohydrates and 460 milligrams of sodium.

GROWING HAPPY FAMILIES



Using “forbidden” food.

“Forbidden” foods are high-fat, high-sugar, relatively low-nutrient foods such as sweets, chips and sodas. Don’t restrict “forbidden” food. The idea is to allow your child to feel relaxed and be matter-of-fact about all kinds of foods. Research shows that children whose forbidden food intake is restricted eat more of them when they get the chance and are fatter than they might be otherwise.

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<https://www.ellynsatterinstitute.org/how-to-eat/family-meals-and-snacks>